

A close-up photograph of a young Black baby with curly hair, smiling and looking towards the camera. The baby is wearing a light yellow cardigan over a patterned top. An adult's hand is visible, supporting the baby from underneath. The adult is wearing a gold watch. The background is blurred, suggesting an outdoor setting.

**Let's deal with
stress in ways
that don't stress
our babies**

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text "NoStress" to 32075

myspace.com/JourneyofaLifetime